TAKE ACTION TO SUPPORT EMOTIONAL HEALTH

EDUCATE YOURSELF
› Learn to recognize if you or someone you know is in distress and what to do: jedfoundation.org/help

KNOW THE NUMBERS
› Be ready to help yourself or a friend - save these crisis support numbers in your phone
  › Text START to 741-741
  › Call 1-800-273-TALK (8255)
› Be aware of what resources are available at your school or in your community

SPEAK UP
› Talk about mental health with friends and family
› Organize an event at your school or in your community to raise awareness

GET SCHOOLS INVOLVED
› Ask your college to become a JED Campus: jedcampus.org
› Tell your high school about Set to Go: settogo.org

GIVE
› Encourage your friends to join you in getting involved: jedfoundation.org/get-involved

SPREAD THE WORD
› Follow, like, forward, share, retweet, comment, post!
  ⤵ jedfoundation.org/email
  ⤵ facebook.com/jedfoundation
  ⤵ @jedfoundation
JED is a nonprofit that exists to protect emotional health and prevent suicide for our nation’s teens and young adults. We’re partnering with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programming and systems. We’re equipping teens and young adults with the skills and knowledge to help themselves and each other. We’re encouraging community awareness, understanding and action for young adult mental health.

Learn more: jedfoundation.org
Check out our programs including:

JED Campus: jedcampus.org
Set to Go: settogo.org
ULifeline: ulifeline.org
Half of Us: halfofus.com
Love is Louder: loveislouder.com